

## Making Better Choices at Fast Food Restaurants

There are times when most of us are going to eat fast food because it's quick and easy. That's why, when you DO eat fast food, it's so important to make the best choices you can.

Here are some tips you can use when your kids order. These small changes will help cut down on calories, fat, salt and sugar:

- **Go light on the sauce:** There are lots of hidden calories in mayo, sour cream, salad dressing and other sauces. Go easy or nix them all together.
- **Choose the chicken:** When in doubt, order a grilled, baked or broiled chicken--not fried or breaded.
- **Veg out on the sandwich:** Ask for tomato, lettuce, onion, or other veggies on your sandwich.
- **Swap out the fries and onion rings:** Order a side salad or baked potato. Large fries can be at least 500 calories a serving!
- **Pass on the soda:** Opt for water, juice, or fat-free and low-fat milk instead of high-fat shakes and sugary soda.
- **Opt for regular sizes:** It may seem like a good "value" but there are lots of extra calories and fats in those extra-large. Go for the regular size.
- **Go for whole-wheat:** Whole wheat buns should have more fiber than regular white bread. Some restaurants offer wheat buns as an alternative—all you have to do is ask.
- **Thin crust it:** Go for a thin-crust pizza with veggies instead of a thick-crust with meats and extra cheese.
- **Treat yourself:** Go for low-fat frozen yogurt, fruit popsicles, sorbets, and sherbets rather than ice cream or cookies. Sprinkles are also better than caramel or chocolate sauces.
- **Skip the sides:** Eating a burger or sandwich by itself is often filling enough. If you do want a side, consider ordering a fruit cup or side salad. Most fast food restaurants now offer them.
- **Avoid double meat and bacon:** A serving size of meat is 2-3 ounces — about the size of a deck of cards. You're probably getting well over that with a single meat patty. Bacon is also high in calories and fat.